

We are currently facing a semi-lockdown. Strict measures and limitations apply which impact our daily life. But even with these limitations, we can find a lot of opportunities to meet other people in person. Below you can find some practical info to organise your social contacts.

Respect the six golden rules in all social contacts to prevent spreading the virus

1. Respect the hygiene rules
 2. Take your activities outside
 3. Think about vulnerable people
 4. Keep your distance (1,5m)
 5. Limit your close contacts
 6. Follow the rules on gathering
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Voorkom besmetting | Prevent infection



Draag zorg voor jezelf en zo ook voor anderen. | Take care of yourself and of others.

Who can you meet in person?

- You can have 1 close contact. "Close contact" implies contact which lasts longer than 15 minutes, without having to respect the six golden rules such as social distancing and without having to wear a face mask.
- When meeting your close contact, no face mask or social distance is required. This means that you can meet this close contact on a regular basis at home. The close contact is considered to be "permanent" and needs to be the same person for at least 4 weeks.
- A single person can meet one additional person, on top of the close contact he/she meets. Social distancing measures must be respected with this additional person. It is recommended not to change this additional person too often.
- You can't meet your close contact and additional person at home at the same time.
- Outside you can see anyone you want as long as you gather with a maximum of 4 people and keep your social distance and wear your face mask.
- It's not allowed to go out between midnight and 5 o'clock in the morning.



You have the feeling there is no one to keep you company or share your plans with? You are not alone...!

Share your plans on the FB group for FEB International Students, invite your house mates to get a take-away-coffee, ask your fellow students about their plans for the weekend, have a chat with the delivery boy/girl,...

Below you'll find a short intro on possible 'Covid -19-proof' activities you can do outside, in company.

The next few weeks we'll focus on some specific (day)trips or locations in Ghent and all over Belgium for you to visit.

Keep an eye on your mailbox!

Free-time tips you can do on daily basis or when you have little time

- Step outside your student room
- Dress yourself warm and Go OUTSIDE!
- Even when it's cold, rainy, gray, snow,...
- There is no such thing as bad weather, only bad clothing



- Have a walk, in the city or in one of the green hubs in and around the city

This simple activity has a major positive impact on your emotional and physical wellbeing and is allowed for -50 years as well!

Walking is boring? In our next e-mail we will prove you wrong with some great 'Street Art Walks'!

- Sport outside: jogging, running, cycling, football, basketball, padel, sub, yoga,...
- This is the best time of the year to sport outside. The colours of the trees are amazing and there is plenty of oxygen in the air.
- Get on your bicycle, hit the pedals and get lost!



Or check one of the cycling tips we'll drop in your mailbox!

Free-time tips for weekends, a day off, ...

Public transport (train, tram, bus) is still rollin'!

So put on your face mask...

Choose your destination...

And of you go!



Did you know that you can take your bike on the train? Train tickets in the weekend are half price. Weekend-tickets are valid from Friday evening until Sunday night.

There are some great day-walks (range from 19km to 27km) from train station to train station. They bring you to some great green hubs and small typical Belgian villages.



Some cities and municipalities will also have extra rules in place. Check the website of the city or municipality concerned.

Belgium is sooooo little but sooooo beautiful:
check your mailbox for more tips and trips!

We understand it's hard to wait until our next e-mail drops in your mailbox... So here you can already get some inspiration:

[Green Guide Ghent](#)

[Vist Ghent: walking in nature](#)

[Hiking around Ghent](#)

[Belgian trains](#)

[Visit Flanders](#)

[Visit Brussels](#)

[Decathlon \(store with affordable sport/leisure clothing and equipment\)](#)

Any more questions? Suggestions? ...
You know where to find us!

Enjoy your weekend!

Elke & Laura

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